

CLAIMS

1. An adiponectin enhancer comprising as an active ingredient sesamin and/or episesamin, or an analogue thereof.
- 5 2. A composition containing an adiponectin enhancer comprising as an active ingredient sesamin and/or episesamin, or an analogue thereof.
3. A composition with an inducing effect on small adipocytes, comprising as an active ingredient sesamin  
10 and/or episesamin, or an analogue thereof.
4. A composition with an effect of suppressing accumulation of TNF $\alpha$ -producing enlarged adipocytes, comprising as an active ingredient sesamin and/or episesamin, or an analogue thereof.
- 15 5. A method according to claim 2 for augmenting adiponectin by intake of sesamin and/or episesamin, or an analogue thereof.
6. A method according to claim 3 for promoting inducement of small adipocytes by intake of sesamin  
20 and/or episesamin, or an analogue thereof.
7. A method according to claim 4 for suppressing accumulation of TNF $\alpha$ -producing enlarged adipocytes by intake of sesamin and/or episesamin, or an analogue thereof.
- 25 8. A composition according to any one of claims 1 to 4, which is a food or drink.
9. A composition according to any one of claims 1 to 4, which is a pharmaceutical.
10. A method of augmenting adiponectin by  
30 administering sesamin and/or episesamin, or an analogue thereof.
11. A method of inducing small adipocytes by administering sesamin and/or episesamin, or an analogue thereof.
- 35 12. A method of suppressing accumulation of TNF $\alpha$ -producing enlarged adipocytes by administering sesamin

and/or episesamin, or an analogue thereof.

13. A use of sesamin and/or episesamin, or an analogue thereof for production of a composition containing an adiponectin enhancer.

5        14. The use of sesamin and/or episesamin, or an analogue thereof for production of a composition with an inducing effect on small adipocytes.

10       15. The use of sesamin and/or episesamin, or an analogue thereof for production of a composition with an effect of suppressing accumulation of TNF $\alpha$ -producing enlarged adipocytes.

16. The use according to claim 2 for augmenting adiponectin by intake of sesamin and/or episesamin, or an analogue thereof.

15       17. The use according to claim 3 for promoting inducement of small adipocytes by intake of sesamin and/or episesamin, or an analogue thereof.

20       18. The use according to claim 4 for suppressing accumulation of TNF $\alpha$ -producing enlarged adipocytes by intake of sesamin and/or episesamin, or an analogue thereof.

19. The use according to any one of claims 1 to 4, which is a food or drink.

25       20. The use according to any one of claims 1 to 4, which is a pharmaceutical.